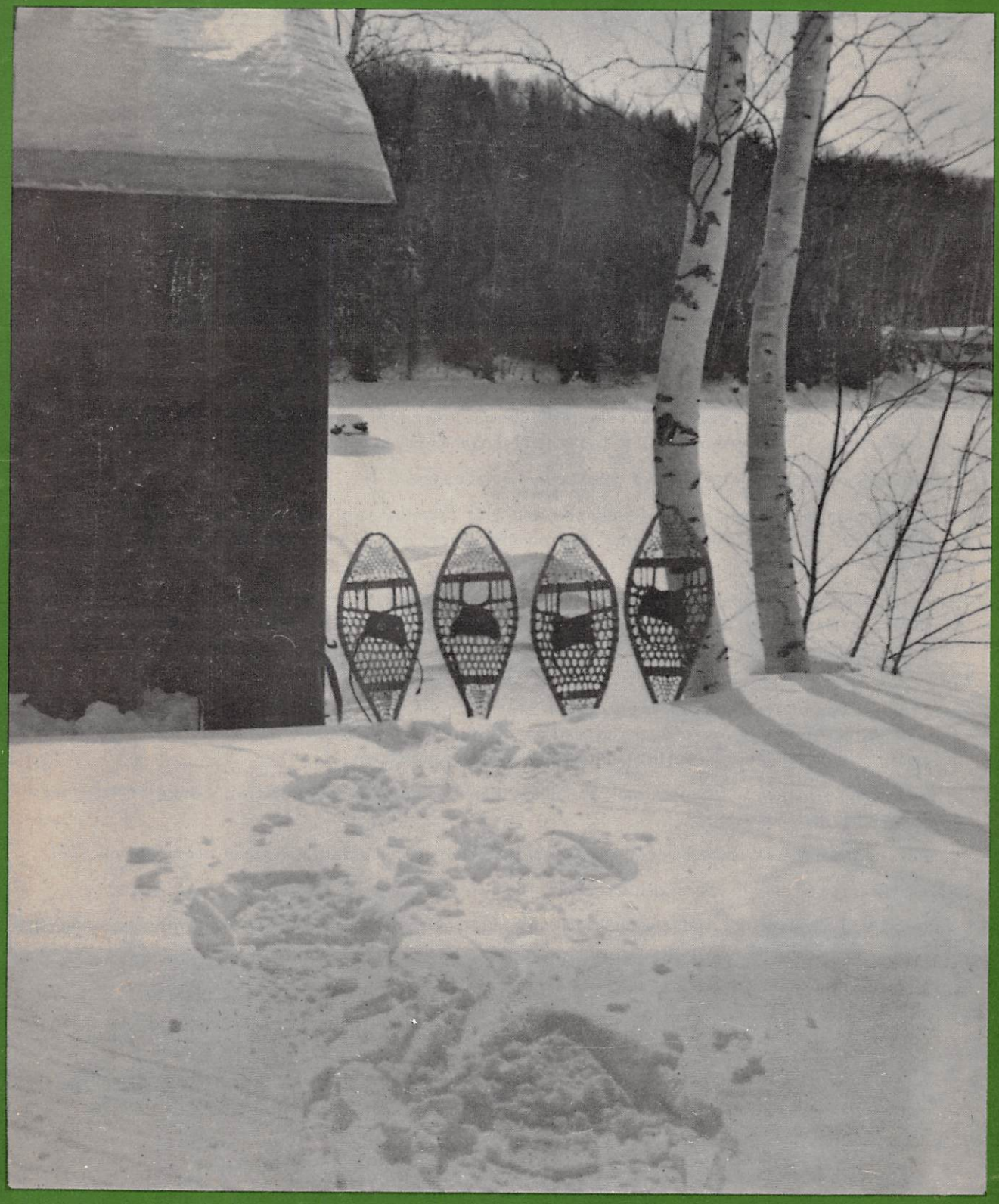
CANADIAN CAMPING

OFFICIAL PUBLICATION OFFICIELLE

THE CANADIAN CAMPING ASSOCIATION — L'ASSOCIATION DES CAMPS DU CANADA



Winter Edition, 1973, édition d'hiver

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A Message from the President

It seems to me that one of the biggest challenges facing our Association at this time is a concern as to how we can make the general public more aware of the advantages of a positive camping experience for children. Newspaper reports often present either a pessimistic outlook on camps (and their future) or a stupid, "whimsical" pre-historic concept. Word of mouth is, of course, the most positive way in which to "sell" camps but we, as Camp Directors, must do our utmost to keep in touch . . . keep in touch with our local media people as well as children and parents. And, above all, we must continue to upgrade our own standards and professional training. This certainly is our obligation for survival.

Exciting things are happening in the field of camping right across Canada. The National Workshop being held at Geneva Park, February 1-4, will bring together over 100 directors, senior personnel and committee members. The response to the Workshop, which will delve into many of the real "challenges", has been tremendous. If only we had several more thousands of dollars to involve many more camping people! Also running concurrently with the Workshop will be a meeting of Provincial members involved in Standards.

In November, the C.C.A. Executive met in Regina and perhaps some of the topics discussed would be of interest to our readers.

- Many highlights of last year's National Camping Day were presented. It was moved that a similar day be announced for 1973 . . . namely July 18th. Chairman **Doug Dent** will be giving us more news on this.
- A new Canoe Instructor's Course has been tentatively added to the programme for 1973. **Claude Cousineau** reports that in addition to the English and French Schools in Ottawa and the Western School at Lake of the Woods, a new school will be held in the Maritimes. **Bill Palmer** has joined the Committee and will be helping to organize this Eastern School. Dates for all Schools will be announced shortly.
- An Awards Committee has been established, under the Chairmanship of **Bob Lazanik**, for the purpose of recognizing those individuals who have strongly contributed to camping in Canada.
- Additional copies of the Centenary Journey Log are now available through the Canadian Camping Association Office. A great deal of interest has been expressed in this Log . . . especially from canoeists in the United States.
- The C.C.A. will be making an approach to the Federal Government for funds to assist in organizing and holding a National Workshop on Outdoor Education. Participants at this Workshop would be those actively involved in camping.
- **Brian Blackstock**, Chairman of the newly-formed Publications Committee, recently spent some time studying the very extensive Publications programme of the American Camping Association. A great deal of information was gained and his Committee now has several exciting ideas for 1973.
- We are now on the threshhold of having a new workable Constitution. Several days were spent on the final revision... and this will soon be in the hands of each Provincial Executive for ratification. **Stan Wild** has done an outstanding job in chairing this Committee.
- Your President was elected to serve a Second Term . . . with a Vice-President (President-elect) to be chosen at the Annual Meeting in April.
- The C.C.A. Executive approved in principle the concept of investigating the possibilities of holding an International Camping Workshop in Ottawa in 1975. This would not only involve directors from Canada and the United States but invitations would also be sent to delegates from other Camping Associations throughout the world. It could be an exciting, monumental venture!

And so we continue to move! The Camping movement is NOT "in trouble" and it will continue to grow and influence thousands of youngsters if we all share the enthusiasm and devotion for better Camping all across Canada.

Message du Président

Le plus grand défi, me semble-t-il, auquel fait face présentement notre Association, c'est de trouver comment rendre le public en général plus conscient des avantages qu'offre aux enfants une expérience de vie valable dans un camp de vacances. Les articles de journeaux tiennent souvent des propos pessimistes sur les camps de vacances, sur leur avenir, ou encore les décrivent d'une façon démodée, fantaisiste et même parfois stupide. Renseigner les gens de vive voix est bien sûr le meilleur moyen de "vendre" les camps. Cependant, comme directeurs de camps, nous devons faire l'impossible pour être en contact avec les responsables des media d'information de notre localité aussi bien qu'avec les enfants et les parents. Avant tout nous devons continuer d'améliorer nos propres normes et notre formation professionnelle. Ce sont là des moyens indispensables si nous voulons survivre.

A travers le pays, il se passe des choses très intéressantes pour les responsables et les cadres des camps de vacances. Les 1, 2, 3, 4 février prochain se tiendra à Geneva Park un Seminar à l'échelon national qui réunira plus de 100 personnes: Directeurs de camps, cadres et membres de comités nationaux. La participation à ce Seminar, qui scrutera les vrais défis auxquels font face les camps aujourd'hui, s'annonce très forte. Si seulement nous disposions de quelques milliers de dollars de plus, nous pourrions étendre à beaucoup plus de gens intéressés aux camps l'accès à ce Seminar. Les responsables des Normes dans chaque province profiteront de ce séminar pour se réunir officiellement.

En novembre, l'exécutif de l'Association des Camps du Canada s'est réuni à Regina. Voici quelques points discutés à cette occasion qui pourraient intéresser nos lecteurs.

- Plusieurs faits saillants de la "Journée Nationale des Camps" de l'an dernier furent exposés et il fut décidé que cette expérience serait renouvelée en 1973. Cette journée se tiendra le 18 juillet cette année. M. **Doug Dent**, président du comité nous tiendra au courant.
- L'on propose d'ajouter un nouveau cours d'instructeur en canotage au programme de l'Ecole de Canotage pour

1973. **Claude Cousineau** rapporte qu'en plus des stages d'instructeur d'Ottawa (anglais et français), et de celui de Lake of the Woods dans l'Ouest, il y aura en nouveau cours cette année dans les Maritimes. **Bill Palmer**, nouveau membre du comité, donnera un coup de main dans l'organisation de ce nouveau stage dans l'Est. Les dates de chacun des cours secont annoncées bientôt.

- L'A.C.C. a mis sur pied un "Comité d'évaluation du mérite" (Awards Committee) dont le président est **Bob Lazanik**. Le but de ce comité est d'honorer les personnes qui ont contribué de façon significative aux loisirs organisés de Plein Air au Canada.
- Des copies additionnelles du "Journal du Voyage du Centenaire" (Centenary Journey Log) sont maintenant disponibles au bureau national de l'Association. Ce "Journal" a suscité beaucoup d'intérêt surtout chez les canotiers américains.
- L'A.C.C. va s'efforcer d'obtenir du Gouvernement Fédéral les octrois nécessaires pour organiser un Seminar à l'échelon national dont le thème serait PEDAGOGIE et PLEIN AIR (Outdoor Education). Pourraient participer à ce Seminar ceux qui travaillent activement dans les camps.
- **Brian Blackstock**, président du Comité des Publications, récemment mis sur pied, a étudié le vaste programme de publications de l'American Camping Association. Fort de cette étude, son comité élabore maintenant des projets très intéressants pour 1973.
- Nous sommes sur le point d'avoir une Constitution nouvelle et pratique. La révision finale du texte a pris plusieurs jours de travail. Ce texte révisé sera bientôt envoyé aux exécutifs des provinces pour approbation. **Stan Wild** a fait un travail extraordinaire comme président de ce comité.
- Votre président a été élu pour un deuxième mandat. Un vice-président (président-élu) sera choisi à l'assemblée annuelle d'avril prochain.
- L'Exécutif de l'A.C.C. a approuvé en principe l'idée suivants: Etudier la possibilité de tenir à Ottawa en 1975 un Seminar à l'échelon international sur les Camps de Vacances. Y seraient invités non seulement les Directeurs de camps du Canada et des Etats-Unis, mais aussi des délégués d'Associations de Centres de Plein Air des autres pays à travers le monde. Ce pourrait être un projet excitant et de belle envergure.

Ainsi nous continuons de progresser. Les Centres de Plein Air "NE SONT PAS EN DIFFICULTES" et ils vont continuer de se développer et d'exercer une influence sur des milliers de jeunes si nous partageons le même enthousiasme et continuons à nous dévouer pour améliorer nos camps à travers le Canada.

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A Case for the "Canadian Stroke" / Le Cas du "Coup Canadien"

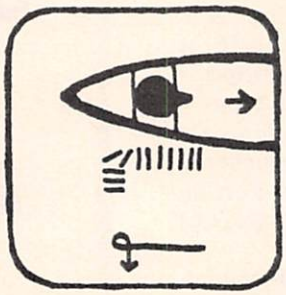
by Claude Cousineau
C.C.A. Canoeing School, Ottawa, 1972

traduit par: Caroline Boucher
Susanne St-Pierre

Anyone who has been a sternsman in a canoe and been able to keep the craft on a straight course, without continually switching sides, has realized that, at the end of each propulsive stroke, a "course correction" is needed.

Quiconque a eu l'occasion d'avironner à la poupe d'un canot, et, qui a été capable de garder celui-ce dans une trajectoire rectiligne, sans changer de côté continuellement, s'est aperçu qu'une correction de trajectoire devenait nécessaire après chaque coup propulsif.

The "goon" stroke



The novice or self-taught canoeist probably achieved this manoeuvre by doing what is referred to as the "goon" stroke. He pushed the water behind him to propel his canoe forward, but at the end of this movement, he rotated his paddle by bending his hands upward and away from the side of the canoe. That placed the blade of the paddle in a rudder position and allowed the canoeist to steer the canoe back to a desired direction with a push-away action.

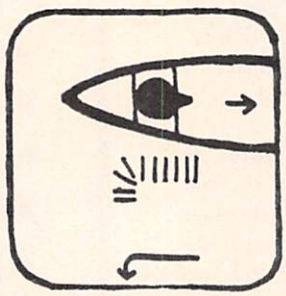
This stroke is rather inefficient as it makes it hard to follow the rhythm of the bowman and middle man. The recovery is awkward as it can only be achieved out of the water and therefore requires a "lift" of the hand which is holding the neck of the paddle; the blade is also recovered in a manner which offers the most air resistance.

Le coup du "touriste"

L'apprenti-canotier ou l'autodidacte a probablement réussi cette manoeuvre en employant ce qu'on appelle le coup du "touriste". A l'aide de son aviron, il tire l'eau jusque derrière lui, propulsant ainsi le canot vers l'avant, et il termine le mouvement en tournant son aviron par un fléchissement des mains vers le haut et en les éloignant du côté du canot. Ceci place la pale de l'aviron en position de gouvernail et permet à l'avironneur de ramener le canot dans la trajectoire désirée, par un mouvement de rejet à la poupe.

Ce coup d'aviron est peu efficace car il rend difficile le maintien du rythme donné par l'homme de proue. Le recouvrement ou retour en position initiale est aussi peu commode, pouvant être exécuté seulement hors de l'eau. Ce recouvrement ou retour-ci demande de lever considérablement les bras pour sortir l'aviron de l'eau, et la pale offre de cette façon une grande résistance à l'air.

The "J" stroke



The canoeist who has read the "classics" on canoeing or who has had the opportunity (or misfortune) to take canoeing lessons, is then familiar with the popular "J" stroke. In contrast to the "goon" stroke, at the end of the propulsive phase, the hands are turned downwards and towards the canoe until the blade is in a rudder position; then again the desired correction is applied. This stroke forces the paddler to bring both hands over and sometimes outside the gunwale on the side he is paddling. The recovery is again rather difficult. It also takes longer to accomplish this manoeuvre in the stern than the time required by the other paddlers in the canoe to accomplish their stroke. The sternsman is then forced to shorten the propulsive phase of his stroke in order to have time to do the "J", or else to accomplish his "J" every second or third stroke, which makes the canoe travel in a zigzag manner.

The "J" stroke should only be considered as a teaching aid in the same way that the snowplow turn is used in skiing. It is easy to learn and gives early self-confidence. But it should lead to a more refined and efficient stroke. Some experts even say we should by-pass the "J" stroke in the teaching sequence.

Le coup en "J"

Le canotier qui a lu les classiques du canotage ou qui a eu la chance (ou la malchance) de prendre des cours de canotage, est probablement familier avec le populaire coup en "J". Contrairement au coup du "touriste", à la fin de la phase propulsive, les mains sont fléchies vers le bas et vers le canot jusqu'à ce que la pale soit en position de gouvernail. Cette correction permet ainsi de maintenir la trajectoire désirée. Cependant ce coup force l'avironneur à placer ses deux mains au-dessus et quelques fois à l'extérieur du plat-bord du côté où il avironne, occasionnant ainsi une fatigue inutile. Ici encore, le retour en position initiale est quelque peu difficile. Le temps requis pour effectuer cette manoeuvre est encore trop long comparativement au temps nécessaire aux autres avironneurs pour effectuer leur coup d'aviron. L'homme de poupe est alors forcé de racourcir la phase propulsive de son coup pour avoir le temps de faire le "J", ou encore d'effectuer son "J" à tous les deux ou trois coups, ce qui fait que le canot avance en zigzagant.

Le coup en "J" devrait être cu uniquement comme aide pédagogique tout comme le virage chasse-neige l'est en ski. Il est facile à apprendre et permet d'acquérir rapidement une certain confiance en soi, mais il devrait conduire à un coup d'aviron plus efficace et plus raffiné.

The "Indian" stroke

This stroke involves keeping the blade of the paddle in the water throughout the entire stroke; the recovery is totally underwater. The paddle is held more vertically and the shaft does not come in contact with the gunwale. Some paddlers do a complete rotation of the paddle in their hands therefore alternating the face of the blade each time. Others prefer to flip the blade underwater into its original position at the end of each stroke. The steering is done at the end of each stroke.

The advantage of this stroke is its neatness. There is no splashing because of the underwater recovery, and no noise because of the constant effort to avoid touching the gunwale. In some camps the contact of the paddle with the gunwale is considered a very bad practice. The object is not a quiet and efficient stroke but rather to protect the canoe from wear and tear.

The origin of the term "Indian" stroke is not clear. Some writers describe the Indians using this stroke to sneak up behind their enemies or to stalk prey. It is very doubtful that the Indians used it for long distances as it requires more energy to use the shoulder muscles as a fulcrum rather than the gunwale of the canoe.

Nevertheless, the "Indian" stroke (for a lack of a better term) has its place in the canoeing programme as an additional skill for the versatile canoeist.

Le coup "Indien"

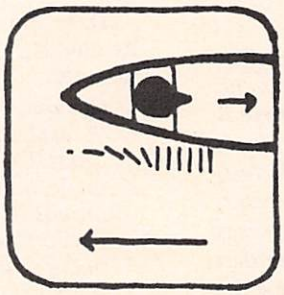
Ce coup d'aviron consiste à garder la pale de l'aviron dans l'eau pendant toute la manoeuvre; le retour se fait totalement sous l'eau. L'aviron est tenu dans une position beaucoup plus verticale et le manche ne touche pas au plat-bord. Certains canotiers font une rotation complète de l'aviron dans leurs mains alternant donc à chaque coup la face propulsive de la pale. D'autres préfèrent retourner, sous l'eau, la pale à sa position originale après avoir effectuer la correction de trajectoire, à la fin de chaque coup.

Ce qui rend ce coup intéressant c'est qu'il s'exécute d'une façon propre et silencieuse. Il n'y a pas d'éclaboussure à cause du recouvrement sous l'eau et pas de bruit à cause de l'effort soutenu pour éviter de toucher le plat-bord. Dans certains camps, le contact de l'aviron avec les plats-bords est vu d'un mauvais oeil: la raison n'en est pas d'avoir un coup efficace ou silencieux, mais plus tôt de protéger le canot de toute détérioration.

L'origine de l'appellation "coup Indien" n'est pas très clair; certains écrivains prétendent que les Indiens utilisaient ce coup d'aviron pour s'approcher de leurs ennemis ou pour traquer leur proie. Mais il est peu probable que les Indiens l'utilisaient pour parcourir de longues distances, car ce coup occasionne une grande dépense d'énergie; les muscles de l'épaule font le travail ordinairement accompli par les plats-bords.

Néammoins, le coup "Indien" (faute d'une meillure terminologie) a sa place dans un programme de canotage comme habileté additionnelle pour un canotier versatile.

The "pitch" stroke



Even among experts the "pitch" stroke is not well known. In his books *The New Way of the Wilderness* (1), and *North American Canoe Country* (2), Calvin Rustrum attempts to describe it. During the propulsive phase, the blade is gradually rotated in the same direction as in the "J" stroke. It is claimed to correct the course of the canoe at the same time as it propels the craft and therefore avoids the zigzag effect of the "J" stroke. The stroke is also performed without using the gunwale.

For what is gained in the straighter direction, much is lost in energy output due to bringing both hands above the gunwale and using the shoulder muscle as a fulcrum. Also the recovery offers much resistance to the air as the blade is brought forward perpendicular to the surface of the water. From a teaching point of view, this stroke is hard to teach and rather difficult to master. But again a good canoeist should include it in his repertoire.

Le coup "pitch"

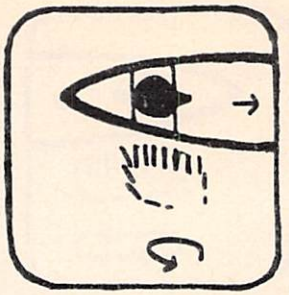
Le coup "pitch" ou (par incidence), est un coup d'aviron peu connu. Calvin Rustrum dans ses livres, *The New Way of the Wilderness,* et *North American Canoe Country* (Macmillan), a tenté de décrire ce coup. Dans la phase propulsive, on effectue une rotation graduelle de la pale dans la même direction que pour le coup en "J". On prétend qu'il corrige la trajectoire du canot tout en le propulsant vers l'avant, sans que le canot zigzague comme lorsqu'on emploie le coup en "J". Le désavantage principal de ce coup est que la surface propulsive de l'aviron diminue au fur et à mesure que l'aviron progresse dans l'eau. Ici encore, ce coup s'exécute sans toucher aux plats-bords du canot.

Toutefois pour ce qu'il gagne en direction rectiligne, ce mouvement requiert plus d'énergie, car en n'appuyant le manche de l'aviron sur le plat-bord et en sortant les deux mains presqu'à l'extérieur du canot, la musculature des épaules est appelée à travailler davantage. Le retour en position initiale offre beaucoup de résistance à l'air, car il se fait en ramenant la pale de l'aviron perpendiculairement à la surface de l'eau. Du point de vue pédagogique, ce coup est très difficile à enseigner et même à maîtriser. Un bon canotier devrait tout de même l'inclure dans son répertoire.

Photo Courtesy Taylor Statten Camps

The "Canadian" stroke

The more experienced canoeist is one who can sing any tune without having to change the rhythm of his stroke. The nonchalant but effective style known as the Canadian stroke is a somewhat modified "J" stroke.



The paddle is not rotated as much at the end of each stroke as in the conventional "J". The correction is produced by a quick subtle curl of the wrist at the end of each stroke; the pressure is gradually released through the first phase of the partly underwater recovery. It results in a much more "rounded" stroke accompanied by a splashless and elegant recovery as a follow through. Interestingly enough, this refined "J" stroke has been defined by different American authors as the "Canadian Stroke".

In his book *Canoe Camping* (3), C.W. Handle, when describing wilderness paddling techniques, identifies the "Canadian stroke" as one of the most efficient:

The best stern stroke to use, known as the Canadian stroke, is difficult to explain. As this stroke reaches the hip, it is allowed to pass about a foot, then the paddle is twisted by the top hand until the outside edge is forward and slightly downward under the water. The paddle is brought back under water with an upward pressure of the blade, thus bringing the point of the canoe back in line without any loss of forward motion. This is better, more efficient and more restful. The blade is flipped out of the water about halfway back to start a new stroke. The Canadian stroke is the finest and most efficient of all stern strokes and can be learned easily with a little practice.

In *Pole, Paddle and Portage* (4), Bill Rivière offers this description:

Sometimes mistaken for the "J" stroke, the Canadian stroke affects the canoe's behavior in much the same way. Once acquired, however, the Canadian stroke is the less tiring of the two. Following the stern paddler's backward sweep, the paddler feathers his blade outwardly to execute a "J", brings it forward underwater, and withdraws it to a point opposite his hips. This is not an easy stroke to master but it is efficient in that it keeps the canoe on course without slowing its headway. The "J" stroke, on the other hand, slows it slightly.

In Malo's *Complete Guide to Canoeing* (5), the "Guide or Canadian Stroke" is described differently. Malo seems to combine the elements of the "pitch" stroke with those of the "Canadian" stroke:

An effect similar to that of the "J" stroke can be achieved by passing the paddle blade through the water at a slight angle, like that of a boat propeller. The finish of the stroke, a quick outward flip of the paddle, using the gunwale as a fulcrum, gives considerable resistance to the upward recovery of the blade, and keeps the canoe in a straight course. As the blade makes its sweep on its slight angle, there is some loss in the forward thrust, as there is in the "J" stroke.

Le coup "Canadien"

Si toutefois vous observez un canotier expérimenté (un canotier qui peut fredonner n'importe quel air sans pour autant changer le rythme de son coup d'aviron) vous verrez, qu'il a adopté un style quelque peu nonchalant mais efficace, qui est un tant soit peu une modification du coup en "J".

La rotation de l'aviron n'est pas aussi accentuée à la fin de chaque coup comme c'est le cas pour le coup en "J". La correction désirée est le produit d'un recourbement subtil et rapide des poignets dans la dernière phase du coup; la pression est graduellement relâchée au début du retour à la position initiale lequel est partiellement effectué sous l'eau. Il en résulte un coup d'aviron beaucoup plus arrondi, fini par un retour élégant et sans éclaboussure. Il est intéressant de noter que ce sont des auteurs Américains qui définissent ce raffinement du coup en "J", comme le coup "Canadien".

Quand Handle, dans son livre *Canoe Camping* (Ronald Press), décrit les différents coups d'aviron, il qualifie le coup "Canadien" comme un des plus efficace:

Le meilleur coup d'aviron à employer à la poupe, connu sous le nom de coup "Canadien", est un coup difficile à expliquer. La phase propulsive va jusqu'à concurence d'un pied passé la hanche, la main tenant la poignée exécute alors un léger mouvement de torsion, jusqu'à ce que le tranchant extérieur de la pale soit devant et légèrement tourné vers le bas, sous l'eau. On ramène l'aviron sous l'eau par une pression de bas en haut sur la pale, replaçant ainsi la poupe du canot dans la direction rectiligne voulu, sans perte de vitesse dans le déplacement du canot. Ceci est plus efficace et plus reposant. La pale effleure la surface de l'eau à la mi-chemin du retour en position initiale et est en place pour un nouveau coup. Le coup "Canadien" est le plus efficace des coups à la poupe et il s'apprend facilement avec un peu de pratique.

Dans son livre *Pole, Paddle and Portage* (Van Nostrand Reinhold), l'auteur Bill Rivière en donne la description suivante:

Quelquefois pris pour un coup en "J", le coup "Canadien" agit à peu près de la même façon sur le canot. Une fois acquis, cependant, le coup "Canadien" est le moins fatigant des deux. A la suite d'un coup propulsif à la poupe, l'avironneur ramène sous l'eau l'aviron jusqu'au niveau de la hanche pour ensuite y décrire une portion de coup de balai renversé. Ce n'est pas un coup facile à maîtriser mais il est efficace, permettant au canot d'avancer en ligne droite sans perdre de vitesse. Le coup en "J", par contre, ralentit un peu la vitesse acquit dans la phase propulsive.

Malo dans *Malo's Complete Guide to Canoeing* (Colliers), décrit le coup "guide" ou coup "Canadien", d'une façon quelque peu différente; il semble y combiner des éléments du coup "pitch" (d'incidence) avec certains du coup "Canadien":

On peut avoir un effet semblable à celui du coup en "J" en glissant la pale de l'aviron dans l'eau avec un faible angle, tout comme l'élice d'un bateau. On finit le coup par une rapide rotation de l'aviron vers l'extérieur, utilisant le plat-bord comme levier, ceci offre une résistance considérable au retour à la position initiale (vers le haut) de la pale, et garde le canot dans une trajectoire rectiligne tout comme le coup en "J",

It would appear that we Canadians are often better described by others; in France, for example, our style of canoeing is referred to as "le canoë canadien", while our neighbours from the south make a distinction between a "J" stroke and a "Canadian" stroke.

Granted that the terminology is not too original, but it seems very descriptive and indigenuous. Should we perhaps go along with it?

The "Canadian Stroke", as described by the authors cited above, merits inclusion in any canoeing programme, mostly in those leading up to canoe tripping. It should not be imposed on the learners, but the many of us who use it must share the wonderful kinetic feeling of this relaxing, effortless and effective stroke.

References:

(1) Rutstrum, Calvin; *The New Way of the Wilderness,* The Macmillan Company, New York, 1958, p.33.

(2) Rutstrum, Calvin; *North American Canoe Country,* The Macmillan Company, New York, 1964, p.49.

(3) Handle, Carle Walker; *Canoe Camping,* The Ronald Press Company, New York, 1953, p.69.

(4) Rivière, Bill; *Pole, Paddle and Portage,* Van Nostrand Reinhold Company, Toronto, 1969, p.39.

(5) Malo, John; *Malo's Complete Guide to Canoeing and Canoe Camping,* Colliers Books, 1969, p.75.

lorsque la pale arrive à un certain angle, il y a une certain perte dans la propulsion.

Il semble que nous, Canadiens, soyons mieux décrit par les étrangers; en France, par exemple, on parle du "canot canadien" quand on se réfère à notre style de canotage, pendant que nos voisins du sud font une distinction entre le coup en "J" et le coup "Canadien".

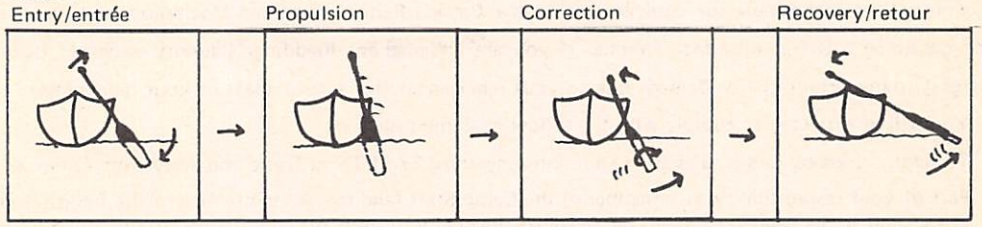
Il est vrai que cette terminologie n'est pas très originale; mais elle est tout de même descriptive, locale et elle s'adresse à nous. Devrait-on la suivre?

Le coup "Canadien" tel que décrit par les auteurs ci-haut mentionné, mérite certainement d'être inclus dans nos programmes de canotage, surtout quand ceux-ci sont orientés vers le canot-camping. Il faudrait prendre garde de ne pas imposer cette façon d'avironner à tout le monde; cependant pour ceux d'entre nous qui l'employons nous nous devons de partager cette merveilleuse sensation cinétique. Le coup "Canadien" est efficace, économique et élégant; il est surtout de chez-nous.

Editor's Note: Three excellent reference books on Canoeing by Ronald H. Perry can be purchased from G.R. Welch Co. Ltd., 222 Evans Avenue, Etobicoke, Ontario.

The Canadian Stroke
Le coup Canadien

rear view
vue d'arrière



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A Staff Contract . . . Do You Have One?

Camp Directors are educators not only of campers but of staffs. The signing of a formal contract may help them to realize that they are assuming an important responsibility.

Below is a sample contract form. It is a compilation of forms from a number of Camps. It is presented to assist Camp Directors in preparing their own forms. It should **not** be used verbatim but should be adjusted to suit your own Camp.

Note: Those sections which are in brackets ( ) are quite optional but should be considered in developing your own form. After you have completed your contract, it would be prudent to consult your lawyer to determine its validity.

I would like to thank the Directors of Camps Oconto, Pinecrest, Ponacka, Timberlane, Wahcahmie and Wapomeo for their assistance.

Brian Blackstock
Director, Camp Mazinaw

Date: . . . . . .

Dear . . . . . .

We would like you to join the Kootenay Staff for the coming season, in the capacity of. . . . . .

The period of your employment will be from June . . . . . to August . . . . . . You will receive the sum of $ . . . . . for this period which includes . . . % Vacation Pay. (You will be paid in Canadian funds) (You will be paid by cheque at the end of the season)

The Camp will provide board and lodging equalling a value of $ . . . . . per week, medical services to the extent of its facilities and cover you under Workmen's Compensation.

You will be responsible for contribution to the Canada Pension Plan and Unemployment Insurance, where applicable. (for obtaining a Social Insurance Number if you are a Canadian) (bedding) (laundry expense) (tuck charges) (telephone charges) (transportation) (for damage due to your negligence) (for loss or theft of your belongings)

You will be expected to comply with the following Camp policies:

1. To rigidly abide by Camp rules and regulations governing SAFETY at Camp and away from Camp.
2. Part of your responsibility as a member of the Camp Staff (and to the maintaining of the traditions of Children's Camping in Canada) is the need for you to be aware of the role you must play in maintaining good Public Relations in Camp and wherever you come in contact with the public. Conduct on your part which would reflect unfavourably on the Camp's reputation could be considered a breach of this contract.
3. Our Staff is expected to assist with any and all duties involving programs or contingencies that may arise throughout the summer. (Should you be unable to satisfactorily handle all of your responsibilities and, as a result, have some of them handled by another party, your salary may be adjusted accordingly)
4. "Drugs" have no place in Children's Camps and are not permitted. (Smoking is permitted in specified areas and only when campers are not present) (Alcoholic beverages are not permitted in Camp)

The Camp retains the right to terminate this agreement at any time without notice if, in our opinion, there is sufficient cause or in the event that the Camp cannot open or is forced to close because of an unpredictable circumstance. In such a case, you will be paid a pro rata of your salary. In the event of your resignation, you must give two weeks' notice. You will be paid on a pro rata basis. If, as a result of illness or accident, you are unable to carry out your duties, we may reduce your salary on a pro rata basis.

If the foregoing meets with your approval, sign one of these copies and return it to us within TEN days. (Retain the other copy for your own reference) (You will be expected to provide us with a Medical Certificate no later than . . . . . weeks before your arrival at Camp)

Sincerely,
Charles Whitewater, Director

I understand and agree to accept the foregoing terms and conditions.

Social Insurance No. . . . . .

. . . . . .

Date and year of birth . . . . . (Signature)

Editor's Note: Some Directors have found it is more practical to print the contract on the front and back of the same sheet.

DO IT *NOW!*

A Camp Director's Check List

by Eanswythe Flynn,
Camp Brigadoon

We hope all camp directors are clipping these articles for their scrap book of reminders. You will recall that in the Fall Edition we made lists of suggested duties and "musts" for the months of November, December, January and February. Since March, April and May will be upon us all too soon, and last season's resolutions misplaced (in all probability), the following might bring to mind seasonal arrangements without which no camp can hope to open:

MARCH

Check fire extinguishers; have a company specializing in safety equipment (or the local Fire Department) look over each one, see that the pressure gauge is operating and the tank full. Consider purchase of further extinguishers and ask camp maintenance man to check fire hoses, nozzles and attachments.

- Discuss with dietician or cook new menus or new ways of serving food. Consider use (or non-use) of margarine and skim milk in the general camp menu, for table use, that is.
- If staff has been hired, or if a high percentage of last year's staff is returning, this is the time to hold first meetings.
- Perhaps your job analyses are not expressed as well as they should be. Review these as well as the staff manual.
- Interview as many as possible in the way of prospects for vacant positions; avoid that last minute panic.
- If it is possible to get in to the camp property, do so, for the first examination of property, equipment, beaver and mouse damage, ice and frost damage to docks, steps, tent platforms, etc.
- Outline necessary tree planting you would like to do this spring. Ask advice of local tree experts or the Ministry of Natural Resources.
- Keep in touch with your provincial camping association for any changes in legislation . . . labour regulations, Unemployment Insurance, salary scales, fees for canoe trippers in provincial parks, etc.
- Attend camping conferences, seminars and regular meetings of the camping fraternity whenever they are offered. Don't miss a one!
- See that arrangements are made with the Royal Life Saving Society and the Red Cross Society about clinics and courses for waterfront staff attendance.
- Keep abreast of market prices on all equipment, food and supplies, to keep the summer budget in line. Compare prices. See that you are getting the best possible values and this includes regular deliveries and general good service in order to relieve worry

APRIL

If the spring is wet, line up all inside repairs and preparatory carpentry, painting and planning that can be done indoors. If a dry season is your luck, have your maintenance crew get to work, with all speed, on all outdoor projects, especially painting and staining. Rains sometimes come late in the spring.

- Look over library and reference books. Make a list of those you wish to bring from the city for camp use in the summer.
- Have you re-assessed all your insurance needs lately? Call a consultation with your agent this month.
- Look into possible use of new time-saving or semi-prepared food products.
- Use paper cups, plates, etc., where it is practicable; but at the same time make sensible, non-polluting arrangements for quick disposal.
- Decide whether or not a commercial dish-washer is economical. If the camp is large enough it might save time and money; otherwise the three-sink method might be best in your case.
- See if there are any local farmers who could supply fresh eggs, vegetables or fruits later in the season.
- Check with fuel suppliers for regular deliveries of oil or propane.
- If water is Hydro-heated, have their maintenance crew come in to examine tank for working elements and replacement, if necessary.
- If you need wood for a kitchen stove or fireplaces, have your maintenance staff work at wood-cutting to assure a good supply for the season.
- Make a list of medical and first-aid items to be purchased and delivered.
- Have all mattresses inspected for cleaning or repairs. Order new ones early in the season . . . no later than this month.

MAY

A good month for a camper-parent-staff get-together either at camp, weather and roads permitting, or in the city, accompanied by coffee, juice, cookies, cakes, sandwiches . . . and good fellowship.

- This is the time to help parents understand what camp is all about, how they should handle the child, the kind of letters they should write . . . and not write; and how to send the child off happy and eager to be "up and away".
- The first full staff training in town should be arranged now.
- If the camp travels together by bus or train, make all final arrangements with transportation company.
- A meeting with local or camp doctor to discuss camp care will give him some idea of what's expected during the summer.
- Send water samples (both drinking and swimming) regularly to Provincial Health Department.
- Find out from your provincial camping association whether or not this is your year for a Standards Visitation. If so, make all arrangements with office.
- Make out order for first deliveries of milk, bread, vegetables, and meat and give specific delivery date.
- If canoes or other watercraft are out for repair, be sure to arrange delivery date at least two weeks before camp opens.

Drama Games for Listening and Moving

Lorna Wilson,
Faculty of Education, Queen's University

"games can restore life
playing around with words
taking them out of one context
and putting them in another,
is a way of preserving or
restoring their life."

(Corita Kent)

Camp is fun and all the hard work doesn't seem like hard work because it's exciting, self-motivating and "worth it". Drama is enjoyable and can be an activity shared by everyone, not just the extroverts and the "talented".

After many years of producing 'Skit Nights', the 'Once a Month Play' and the 'Musical', I have designed a series of drama games based on sounds and movements. These games could be played on their own or joined together and presented as "a dramatic anthology of sound and movement". There are a number of reasons why I prefer this type of drama activity:

(1) The initial stimulus for all the games comes directly from the camp environment. All the material is gathered from the various areas of camp activities offered both indoors and out-of-doors.

(2) All age groups can participate in these games as individuals or in small or large groups.

(3) The nature of the project encourages the experience to be creative for both the campers and the leaders. The group members start with nothing, then choose, build on, develop and polish their own material, thus making the experience more relevant and stimulating.

(4) Everyone at camp can be involved in these activities, not just the 'good performers' or 'extroverts'. Drama is encouraged as a general activity stressing an atmosphere of non-competitiveness and co-operation.

(5) A spirit of play and exploration is created at the beginning by encouraging *every* idea. Nothing is rejected. The leader and several helpers can arrange the material as the experimentation progresses.

(6) You don't need a drama expert, just a human being, responsive and sympathetic.

Here are some suggestions. They are just beginnings. I guarantee that they will provoke many more games.

Listening Activities

Find a quiet spot inside a building. Have everyone close his eyes. Then . . .

(a) listen to sounds outside of the building.
(b) listen to sounds inside the room.
(c) listen to sounds inside yourself (become aware of your own breathing).

Repeat, focus in on one sound and isolate that sound. Place it into an imaginary situation. What could the sound be? Where is it? Who are you in relation to the sound? Have the campers share these experiences with each other. Then share two or three stories with the leader. Encourage the campers to listen to sounds at varying distances from themselves, to sounds as other people might hear them, to moving sounds until they have disappeared from hearing, to hard and ugly sounds with intended tolerance, and so on. The list is endless.

In pairs, take each other on a walk outdoors. One person keep his eyes closed and the other lead his partner all over the camp, allowing him to concentrate on sounds in the environment. Try not to talk during this walk. When you return talk about your experience and begin a diary listing all the sounds you heard.

Story-telling from Sounds

Choose *three* sounds heard by the group. Have each person make up a story using the sounds. Tell a partner your story.

The leader makes *three* sounds while the group closes its eyes. Each individual makes up a story using the three sounds. In pairs, tell each other your story and make *one* story from two. Then two pairs join stories, making one larger story. If you're brave, have two groups of four join together and eight people create *one* story. Give each group about ten minutes to dramatize the story using no words. Be sure the stories have a beginning and an ending.

One group re-creates *six* sounds heard from the environment. Another group tells a story. The story changes as the first group interjects sounds at various moments. Both groups need to work closely together.

Rhythm Band

Each camper can make rhythm band instruments from materials from outdoors, i.e., two sticks, rocks, pebbles in a shell, blade of grass between fingers, etc. The day they bring in their instruments allow no talking and have them introduce and converse with each other *only* using the instruments.

Story-telling using the Rhythm Band

Dramatize meetings (pow wows, rituals, rest hour, staff meetings, battle procedures, etc.) using only the rhythm band. Communication with opposing groups must only take place with the instruments. Add movement if working on rituals or attacks.

Divide into groups of six and give groups one theme such as 'sunset', 'escape', 'thunder storm' and have them present this theme only using sound. Give them new themes and have them use sound *and* movement. Choose themes relevant to the camp environment.

Dramatize various events using a series of still pictures or tableaux, i.e., 'trouble on a portage', 'rescue on the water', 'an unwelcome friend', 'rest hour becomes chaos' etc. Use the instruments as bridges or transitions between tableaux.

Keep a Diary of Sounds

Take actual sounds from the environment and reproduce them vocally to tell a story or use the realistic sound and reproduce them in strange combinations to illustrate an idea or create a mood. Ideas for sounds are the dinner gong, songs (with no words), paddling, horse hooves, screen doors opening and closing, walking through leaves, splashes at the waterfront, boats,

walking on the dock, flag going up the pole, whistles, fire crackling, balls hit and tossed, garbage truck, creaky beds, window shutters, etc.

Collect vocal sounds such as talking, crying, yelling, shouting, whispering, whimpering. Tell stories or create improvisations using only these sounds. Add movement. Associate these sounds with other people in other places and make up more imaginative improvisations.

Collect and invent more games with animal and insect sounds, the sound of thunder, lightning, wind and rain.

Have groups add movement to vocal sounds and create machines in groups. After establishing a variety of practical machines (real and imaginary) play with metaphor machines, i.e., a flag raising machine, a dining hall machine, a rainy day machine, a counsellor machine.

These exercises can be approached as games or as more intensive project work. With more concentrated effort a dramatic anthology of sound and movement utilizing these ideas could be developed, rehearsed, given a name and presented. While working on this for "presentation" a theme should be chosen which will allow the leader to pick relevant material from the exercises.

Further projects could involve games in looking, tasting, smelling and touching. Add some movement, speech and a musical background and the elements for drama are all present, providing the exercises are approached with absorption and sincerity.

"one way to prepare for big celebrations is to allow life to reveal its many small ones to keep it from being so daily."

(Corita Kent)

Ideas' Books.

Way, Brian. *Development through Drama.* Longmans 1966.

Kemp, David. *A Different Drummer.* McClelland & Stewart 1972.

barton·booth·buckles·moore. *Nobody in the Cast.* Longmans 1969. ▲

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Two Approaches ------- To Camp Staff Manuals

A revised article from a session given at an OCA Conference by the participants:
Bruno Morawetz, Camp Ponacka, Fred Dier, Camp Wakana, and Don Groff, ex-Director of Camping, Kitchener-Waterloo YMCA.

Definition

A *STAFF MANUAL* is a booklet prepared by the camp for the purpose of informing its future staff about the camp and their role in it.

Reasons for using a staff manual

1. Orientation of staff (especially new members) to the physical features of the camp.
2. Interpretation of traditions, philosophies, objectives and emphases (i.e. of the camp and of the camping movement).
3. Sharing of information about procedures, regulations, job expectations, organizational structure, schedules, routines, etc. Involvement in decision-making leads to committed participation.
4. Preparation and training for job performance and basis for pre-camp training.
5. Avoidance of frustration, confusion, misunderstanding and apprehension arising from lack of communication.

Most staff manuals contain:

I. **General –**
Table of contents
Purpose of Manual
Forward, welcome

II. **Facts about the camp –**
1. *Locale:*
- directional map to get there
- sketch of site showing trails, program areas, buildings, etc.
- description of special features of the setting
- special problems which site gives rise to (communications, etc.)

2. *Traditions, philosophy, etc.:*
- statements outlining and interpreting these
- statement relating camp's objectives to the camping movement and its philosophy
- brief historical sketch of the camp
- explanation of role that camping plays in the total program of the sponsoring organization, where such exists
- explanation of special emphases in program, procedures, etc. as they arise from the background, tradition and philosophy of the camp

3. *Procedures and regulations:*
- for administration, staff meetings, etc.
- for emergencies, safety, waterfront, use of boats, etc.
- for routines, typical day, typical week, Sunday programs
- for programming, special events, etc.
- for inter-camp relationships (e.g. OCA, Canoe tripping, etc.)
for use of camp vehicles, equipment, etc.

4. *Organizational structure:*
- channels of communication
- supervisory relationships
- co-operative relationships
- future staff opportunities

5. *Shared decision-making:*
- defining problems
- collecting facts
- assessing facts and testing solutions
- planning
- action
- evaluation

6. *Personnel policies:*
- sickness allowance
- employment and dismissal procedures
- salary scales and payment procedure
- travel to and from camp, charges for laundry, etc.

III. **What the counsellor needs to know –**
The art of counselling:
1. *About the camper:*
- why he comes to camp
- what he is like at each age level
- his needs by age groups
- common behavioural problems and their "solutions"
- health needs (danger of fatigue)

2. *Leadership:*
- Do's and Don'ts of counselling
- what makes a good leader
- what makes a good counsellor
- camper guidance
- need for self-discipline, personal habits, rest requirements
- importance of example

3. *Discipline:*
- meaning of discipline
- what kinds of punishment, if any
- factors in group discipline
- building of *esprit de corps*
- do's and don'ts of discipline

4. *The cabin counsellor:*
- special qualifications
- cabin routines (rising, ablutions, meals, clean-up, rest-hour, parent letters, parcels, prayers)
- duties before campers' arrival
- rainy day activities, books, stories

5. *Counsellor duties:*
- night patrol

– life guard
– evening snacks
– records and reports
– relation to all-camp programs

6. *Privileges:*
   – evening snacks
   – laundry facilities
   – tuck shop
   – recreation areas
   – program (swimming, crafts, riding, skiing, boats, canoes)
   – time-off (days, nights, daily period)
   – staff car, if any

7. *Public relations:*
   – procedure for visitors (anytime, special days)
   – deportment on days off
   – consideration for cottagers, neighbours, nearby communities

8. *Awards available to campers or staff:*
   – requirements, standards of various camp activities and their awards

9. *Preparation before camp:*
   – what to read – bibliography
   – what to prepare – rainy days, games, campfire programs
   – what to bring – clothing, bedding, equipment, medical certificate

10. *The intangible rewards:*
    – the unique nature of camp life
    – satisfaction of a worthwhile job
    – building of lasting friendships
    – investment in personal health
    – gratitude of campers and families

IV. Sample forms used at camp –
   – test sheets (swimming, canoeing, camp-craft, etc.)
   – tripping reports, what to take, hints for safety
   – parent reports, reports to section heads, etc.
   – counsellor evaluation

V. Job analyses –
   – program director
   – section head
   – specialist, assistant specialist
   – activity counsellor, assistant
   – cabin counsellor
   – C.I.T. program

VI. The manual as reference material –
   – list of games and activities
   – rules for games
   – first-aid knowledge

VII. Bibliography –
   – Department of Health, Ottawa; pamphlets on behavioural problems, fatigue, etc. (free)
   – Department of Transport: Boating Safety Guide
   – OCA Conference Digests ('66, '67 and '68) and Reports ('71 and '72)
   – "The Camp Program Book" – Catherine Hammet (Association Press, N.Y.)
   – "The Call of Algonquin" – Mary G. Hamilton (Ryerson Press, Toronto)
   – "Talks to Counsellors" – Dimock and Statten (Association Press)
   – "The Camp Counsellor's Book" – Northway & Lowes (Longmans Canada Ltd.)
   – "Summer Magic" – Kenneth & Susan Webb (Association Press)
   – "Lights from a Thousand Campfires" – Kenneth B. Webb (Association Press)
   – "Camp Waterfront Programs and Management" – Richard H. Pohndorf (Association Press)

VIII. Hints for preparing manual –
   – bind in stiff, loose-leaf cover
   – do not overcrowd pages, leave ample space between sections
   – use simple language
   – be brief
   – use different coloured pages for different sections (compulsory material, basis for pre-camp training, reference material)
   – the tone of the Manual sets the tone of the future counsellor

A Counsellor's Manual

Ed. H. Devitt
Former Director, Camp Comak

Compiling a "counsellor's manual" should be a mutual affair. Campers, counsellors, senior staff members and the director can all make contributions.

A new director in a new camp might well put down a preliminary draft, but there is no reason to bring it down from on high, engraved on stone tablets. The most practical manual evolves over the years out of the shared experience of a specific camp group.

This ideal manual should, in fact, never be finished but always evolving. This constant need for change, additions and appendices suggests a mimeographed loose-leaf format. A printed page is too final and discourages revision.

The first effort should be to put into words the aims, special purposes and basic philosophy of the camp. Through discussion, verbalization and analysis a "perfect" philosophy and approach may emerge. But the staff of a really great camp is then prepared to start all over again to hammer out an even better philosophy and approach.

The counsellor's manual is really an encyclopedia. New counsellors will read it from cover to cover several times. It should include all forms, procedures, understandings, arrangements and agreements. The index should list such matters as: activities, baggage, business arrangements, canoe trips, clean-up, discipline, fire-drill, health and safety, leadership principles, organization, public relations, rest periods, safety tests, showers and toilets, visitors, waterfront drills.

Almost as soon as a manual is printed it becomes obsolete, in some respects at least. That is no reason to avoid the project. The making of a manual is a valuable opportunity and challenge to involve all in the absorbing task of preserving what is good in the past and present and adding what is needed for future growth.

In Memoriam

A TRIBUTE TO MRS. TEDDY HOYLE

One could not help but be adventurous if one starts life by being born on a riverboat in Kashmir! Such was the fate of Teddy Hoyle whose life was truly an adventure – right up to the time of her death in the fall of 1972.

In 1929 Teddy ventured forth to a new land – Canada – a land in which she intended to make her fame and fortune. Perhaps she didn't find the fortune, but indeed she found fame amongst the thousands of young girls who came to know her as one of the Directors of Camp Gay Venture, Haliburton, Ontario.

About thirteen years after Teddy married John Hoyle, the couple founded Gay Venture in 1946 – and from that point on G.V. continued to rise to the ranks of one of the finest children's camps in Canada. "The Major", as John Hoyle was affectionately called, always knew he had the support, council, loyalty, and above all, deep love and devotion of his wife, Teddy.

In truth, Teddy was considered by some as an eccentric. She was a "no nonsense" woman and indeed everyone always knew where they stood with her. Her strong, but shy nature initially made it difficult to get to know her, but after one or two chats, interspersed with humour and teasing, Teddy became a person who was adored and loved. Whether we, as staff members, liked it or not, Teddy always gave us advice (and inside we all knew it was the right advice!). She never held a grudge. She was a most forgiving, understanding woman and above all, she and the Major helped so many of us to more fully appreciate ourselves so that we could more effectively realize our responsibilities in working with children.

After her husband's death, Teddy continued to play an active role at Camp Gay Venture, but finally her proudly independent nature forced her to move to another adventure. At 60 and without advising or consulting her family, she bought a farm north of Toronto and began boarding and raising horses. Until shortly before her death, Teddy kept in shape by running a mile every day and if high snowbanks prevented her from running along a road, she did her mile running around a tree!

Many people consider Teddy to be one of the last of a generation – a generation of proud, gallant, "gutsy", independent women. A former staff member and parent states, "What a legacy she has left to our young people – her integrity, her courage, her vitality and her intense joy in living", while another staff member and camper writes, "But one cannot remain sad for long when thinking about Teddy. She was such a vital person, with wonderful spirit. Teddy has always been and always will be a happy thought for me".

Teddy possessed a spirit for living and a great sense of humour and those of us who became a part of her life can only express gratitude for the opportunity we had to know and be influenced by her. Hopefully, we are better human beings because Teddy Hoyle passed through our lives.

Peggy Latimer

A Singing Grace

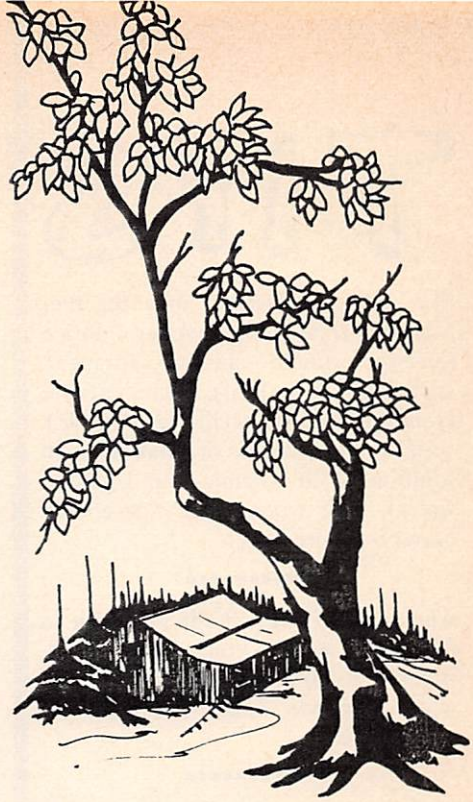
Tune: Edelweiss

Thank you, Lord, on this day,
For Your many great blessings,
Thank you, Lord, on this day,
For our many great friendships.
Glory to God.
May You hear our prayer,
Guide us on Forever,
Thank you, Lord, on this day,
For our blessings and friendships.

– Courtesy:
Jack Pearse, Camp Tawingo

YaWaCa Comes Home

by Patricia M. Russell
Member of YaWaCa Outdoor Centre Board, Vancouver Y.W.C.A.



"To celebrate the tenth year of Camp YaWaCa, we came home and settled into the beautiful new resident camp site at the YaWaCa Outdoor Centre on Salt Spring Island. Campers, staff and the YaWaCa Board felt renewed and excited about having a permanent site at last. A place to be. A place with such potential for camping experiences and a place where everyone could initiate new ideas on a permanent site."

This opening paragraph of the Camp Director's report on YaWaCa '72 well describes how all those involved felt this past summer.

In 1962 the Vancouver Y.W.C.A. made a study and found a need for more resident camping for girls in British Columbia. The following summer, Camp YaWaCa began on rented premises at a seaside campsite on Howe Sound. There it continued for several years but eventually had to move, and move again. The ninth year found the camp two hundred miles inland on the Okanagan Lake.

It was apparent, in 1969, that Camp YaWaCa could not sustain this nomadic existence and a Task Force scouted far and wide for a suitable property. Finally, the old Bulman Farm on Salt Spring Island was discovered and negotiations with the owner, McMillan Bloedel Ltd. began. The Vancouver Y.W.C.A. has a lease on the farm property only, but this is surrounded by some twelve hundred acres of forest reserve which gives the Outdoor Centre great privacy.

Salt Spring Island is the largest of the Gulf Islands, and to get there one travels by ferry through the beautiful island-studded Gulf of Georgia. The drive and ferry trip from Vancouver takes about 3½ hours. The peaceful island offers mountains to climb, secluded bays and harbours to explore, small lakes, forests and rolling farmland.

The Bulman Farm had been untenanted for twenty years but there remained the farmhouse and barn, rather ramshackled, set in an old but still productive orchard. The forest land that surrounds the ten acre clearing has wonderful variety. Every sort of tree from arbutus to Douglas fir grows from a rich undergrowth of salal, Oregon grape and gigantic sword ferns.

A half hour hike through these lovely woods brings one to a beach rich in marine life; clams and oysters for the picking. Ten minutes in the other direction and the campers are able to swim in the warm waters of Weston Lake.

The house and barn have been renovated and serve as a multipurpose office, library and meeting place and arts and craft centre. The barn loft is a natural stage for dramatics. New buildings are of the modular type and their box-like contours are softened by cedar siding and shingled mansard roofs. The kitchen-dining hall is comprised of four units giving an overall dimension of 60′ x 48′. Cabin units are nestled among the trees.

YaWaCa can accommodate forty-eight campers plus staff. All buildings are winterized and it is called the YaWaCa Outdoor Centre because it is to be used the year round; by Y.W.C.A. program groups, other organizations, schools and by Salt Spring Island residents.

The person who worked hardest to make YaWaCa on Salt Spring a reality was Mrs. Tanya Krisman, the Camp Director from '67 to '72. In April she was killed in an automobile accident and for a while the YaWaCa Board found it very hard to proceed. However we had to make a dream come true. Dickering with builders, health department, hydro etc. continued.

In June, we were much heartened by the arrival of Mrs. Sally Schwetz to be the Camp YaWaCa director. She has a rich background of Y.W. and camp experience, but most valuable of all, a warm and serene personality. The task that faced her was enormous. To deal with staff and campers, each and everyone new to her was enough; but to move into an unfinished, unknown campsite was an additional challenge. But Sally, supported by an excellent staff, did wonders; and four happy camp sessions were the result.

The site was found to provide a great range of activity for the YaWaCa campers – archery, arts and crafts, Hebertisme, outtripping, nature lore (an ecologist on staff made this a fascinating study for all), visits to neighbouring farms, swimming, boating and even jam-making! Campers had great fun exploring and naming each new area. One bonanza was the discovery of outcroppings of rock to form useful knolls; the large one near the camp, about fifty feet in diameter, became the council ring, another with a beautiful tree is the chapel, and still another which requires quite a climb gives a bird's eye view of the camp.

On "National Camping Day", the farm house was named "Skipper's Shack", in memory of Tanya Krisman. This moving ceremony was recognition that Camp YaWaCa would not have had its new home in 1972 without the spirit, hard work and far-sightedness of its former director. It was fitting too, that the first occupants of the Vancouver Y.W.C.A.'s Outdoor Centre were the YaWaCa campers and staff whom Tanya knew so well.

Camp YaWaCa will be back next summer. In the meantime, school classes, Y.W.C.A. groups of all ages and small parties are enjoying and benefiting from the resources of the Outdoor Centre and the leadership that is available there. ▲

TIPS

For coloured flames, mix together barium nitrate (blue), copper chloride (green), sodium chloride (orange), strontium nitrate (red), calcium nitrate (yellow), potassium chloride (purple); sprinkle on flames or soak logs in solution (1 lb. chemical to 1 gal. of water). Soft woods like pine absorb better but burn faster.

♦■♦■♦■♦■♦■

Where is the leak? . . . If you wish to determine where your canoe leaks, support it on three logs, fill it with water and see where the drops of water appear.

♦■♦■♦■♦■♦■

Tear in the canoe canvas on an outtrip? Tape over the tear with adhesive tape (not bandaids) and liberally apply OZONOL (from your First Aid Kit) over the tape.

♦■♦■♦■♦■♦■

To waterproof matches, dip them in melted paraffin, allow wax to cool, then store in a tin or glass container.

♦■♦■♦■♦■♦■

Pottery made at camp or at home can be very harmful. Remember that adorable clay pitcher a camper made and proudly presented to you at the end of camp? It's perfect for keeping orange juice ice cold in the refrigerator. And once in a while stewed tomatoes or sauerkraut are stored in it.

Here's a way to get even more enjoyment from that product of creative little hands: Get rid of it!

For unless you know precisely how that piece of crockery was made or have gone to the trouble and expense of getting it analyzed by a laboratory, the toxic metals in the glaze could be lethal. Glazes are the glass-like coatings fused at high heat to earthenware surfaces. They typically contain significant amounts of lead or other heavy metals that add colour and speed the fusion process.

♦■♦■♦■♦■♦■

Flies are no respecters of persons and places. Do you have trouble with toilet seat lids left up? If so, follow Camp Mazinaw's example. Print on the under side "Please put me down!"▲

A Counsellor Writes .....

by Ken Lockwood
Camp Mazinaw

Dear Brian:

Although I am in a somewhat dubious position to make effective judgments on the campers in my cabin, I thought you might be interested in some of my thoughts on being a counsellor this summer. It is not that I became emotionally attached to the campers, but my involvement with them gives a rather one-sided and unobjective view of their progress. Since I am limited in my understanding of 11 and 12 year olds, my comments can only be of a general nature at best.

The counsellors, indeed all the people employed by the Camp, are in a position of having to fit into the general philosophical ideas and ideals of the Camp as well as its long "tradition", but at the same time remaining as individuals and bringing new ideas and things to do, sort of like feeding the Camp environment.

What I am talking about here, is the counsellor's willingness to compromise. During the first summer I was at the Camp I found it difficult to undertake such a compromise, partly because I had little knowledge of this or, for that matter, any other Camp, and how it is run. However this year I felt that I knew the people at the Camp, at least a little bit, and as the summer progressed along I felt quite at home with the people. It is my regret that the relationships could not have continued longer where all of us were together at the Camp.

Tripping is probably the greatest and most valuable single thing that the Camp has to offer the campers. I think as far as Tripping goes that I saw more progress in my kids than in all other activities put together (perhaps I should replace "progress" with "change").

On trips the kids were put into an environment where they couldn't easily get out. There was no place for them to run should they want to cop out. I realise that for certain kids at that age, this could quite easily be a bad experience, but I was lucky enough to have

Photo Courtesy Camp Trailfinder

kids that enjoyed the whole lot of it. They hardly need encouragement for more.

Tripping eliminated quite a lot of common luxury from their lives, and even at their age I felt that they put values on things that they normally wouldn't have had a chance to do. As well, it puts them in a position of put up or shut-up, and a chance to feel out their own potential in a group. It is a prerequisite that they learn to live together, and even though they worried about themselves only, they realised that they were all in it together.

I found that the campers are certainly capable of doing many things which perhaps we feel they are either too young to do or should be doing at their present physical development. Perhaps some of the things that I asked them to do were a bit too much but more often than not they performed well and didn't gripe too much. This would lead me to believe that either we have underestimated their capabilities or they have cleverly hidden their dislikes.

But the trips were a lot of sweat too, sometimes even for me. Anyway, I was amazed at the endurance those little guys had on the portages, especially on our last trip when we had to do three pretty long ones in one day.

I never knew exactly what to expect and I have to admit I have always been a little intimidated by kids; perhaps I'm a little worried about losing some of my child-like ways, perhaps we all are; perhaps that is why I feel, or did feel this summer, that way about my campers. But I think that I developed a respect for them which I normally wouldn't have had. Their respect for me is intrinsic; they know about as much about me as I do about them. We all learned to live a little more comfortably in the bush with one another and that's a good thing.

It was a great summer.

Good Tripping,
Ken

Editor's Note: This letter has been printed as the camp director received it because it has a ring of authenticity.

A Camper Says.....

by Judy Richards
Camp Wahcahmie

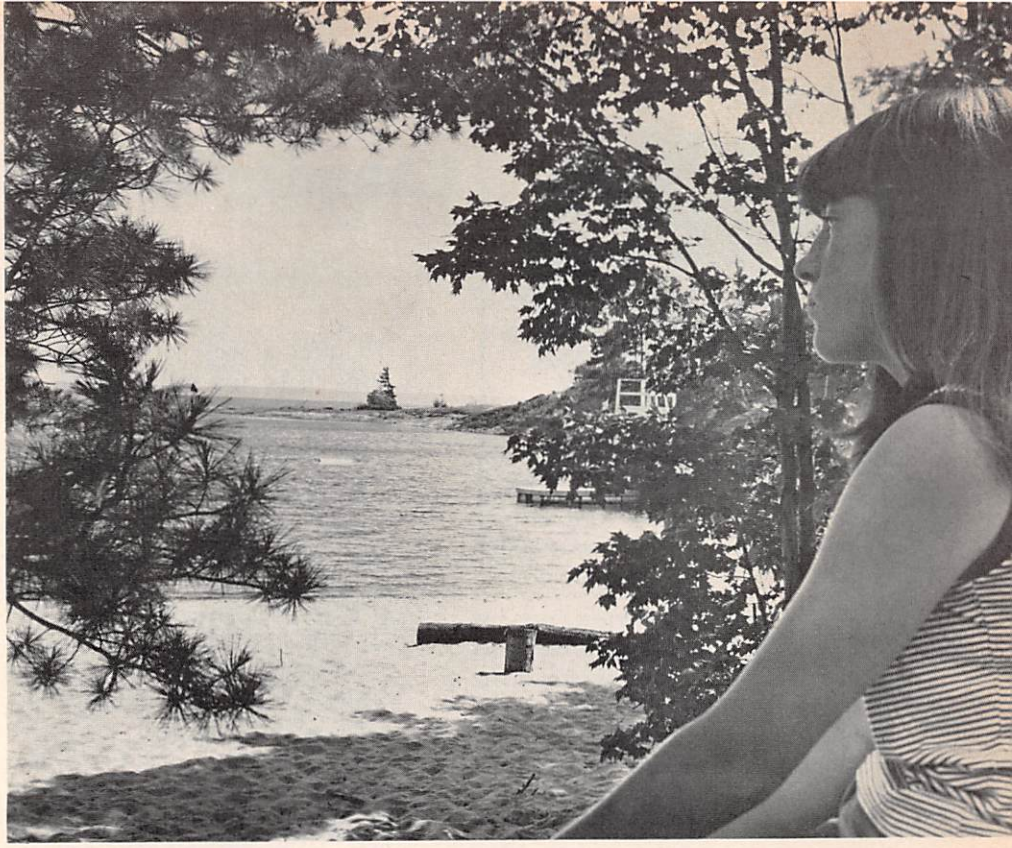


Photo Courtesy Camp Wahcahmie

Two pairs of white shorts, two white shirts, three other outfits, a sleeping bag, a flashlight . . . There! that completes the clothing and sundry items. I'm off to camp!

Are you wondering whether you really want to go to camp? Maybe I can help you. What are you looking for this summer? Swimming? Sailing? Tripping? A good tan? New friends? Fun? If so, camp is the place for you.

I would like to tell you about some of the things I liked most about camp this past summer.

Every Saturday night is Indian council ring which means a tribal gathering on council rock. We parade single file dressed in colourful blankets and Indian headdress to greet the Big Chief who then lights the council fire. We have three tribes. Each challenges the other to a feat of physical or mental skill. It is great fun and I'm sure our laughter can be heard on the mainland.

Each cabin group has six campers. It is our responsibility to keep our cabin neat and tidy but as you may suppose, this is not always done. During free time and rest hour we spend many enjoyable hours together – talking, fooling and getting to know each other better.

My greatest thrill was in learning how to sail. I really enjoyed pulling in and letting out the sail and handling the tiller. It was even fun to capsize – to you landlubbers this means dump.

To my surprise I was picked to go on the long canoe trip. To the strains of "So Long We'll See You Again" we briskly paddled out of our bay. We paddled, we swam, we set up campsites, we sang songs, we slept, we enjoyed life in the out-of-doors. Insects buzzing around our heads, ashes in our food, lumps beneath our sleeping bags didn't bother us in the least. Three days later we not so briskly paddled homewards to camp.

I would like to tell you about a few special events.

On a special night the moon is full and the stars shine forth in all their brilliance. Campers are awakened by a knock on the cabin door with the magic words "It's Blue Moon Night. Arise and come away with me". The campers rub the sleep out of their eyes and with excitement gleefully follow their counsellor to the beach. They paddle across the lake in the moonlight under a blanket of stars. On the far shore a campfire is built, marshmallows are toasted and after a song or two the return journey is made to camp.

Earlier than usual one morning the bugle awakens us. We are told to wash and hurry to flag pole rock. There we are told we must hunt for our breakfast. We make our way among the pines and to our utter amazement we find oranges hanging from some trees and boxes of cereal beneath the boughs of others. It's great fun and we all enjoyed our outdoor breakfast.

Sunday is a special day at camp. To the campers' delight we have a late rising bell. After breakfast and cabin clean-up we don white shorts and white shirts. The bell calls us to outdoor chapel. We reverently make our way under the arch of birch and take our places on rocks above the sparkling waters of Kanata Bay. Our camp director stands before a wooden altar with the choir beside her. Her chapel talks are enjoyed by all. As we leave the chapel our voices are joined in the singing of the camp hymn, "God who touchest earth with beauty".

Sunday afternoon finds us at the waterfront, usually a regatta is in full swing. The regatta is followed by cabin picnics, a sauna and a refreshing dip in the lake. Poetry and stories and snack are enjoyed around the fire and we are ready for lights out.

My feelings about camp are best summed up in a verse from a poem by Mary S. Edgar:

"For once you have been a camper,
Something has come to stay,
Deep in your heart forever,
Which nothing can take away,
And heaven can only be heaven,
With a camp in which to play."

Editor's Note:. The above was written for a Grade 7 Public Speaking Contest.

Camping for the Unmarried Mother

Mrs. Sandy Hyman, M.S.W.
Camp Co-ordinator, The Children's Aid Society of Winnipeg

The pregnant unmarried girl and the unmarried mother who keeps her baby are no longer unusual cases in the world today. During 1971 The Children's Aid Society of Winnipeg helped 862 unmarried mothers. Of these, 54% kept their babies. These statistics illustrate the extent of this social problem. Helping these women presents a challenge that can be met in innovative ways.

New attention is being paid to pregnancy of late. In the world of fashion the "pregnant look" is in for 1972 regardless of whether a woman is pregnant or not. Stars of stage and screen such as Patti Duke and political people such as Bernadette Devlin are openly having children and keeping them with no immediate intentions of marriage. It almost seems as if these trend-setters are capitalizing on a social problem.

We are confident that Duke and Devlin can take care of themselves, but many unmarried mothers need a "lift" when it comes to recreation. Out-of-doors recreation such as hitch-hiking across country or going to beaches are popular leisure activities that are difficult for unmarried mothers.

We are proud to share with you some notes on our camping projects for pregnant girls and unmarried mothers. The values of these programs to both groups have been demonstrated. As far as we know both projects are unique.

The sessions are offered at two different camps. However, they were initiated for basically the same reasons:

1. To provide an opportunity for relaxation and a holiday away from hectic city life and/or small cramped living quarters.
2. To contribute to the happiness and feeling of well-being for those who live a mundane existence.
3. To offer a sense of equality; "I want to be like other people and do the same things they do".
4. Opportunity for group activities, development of friendship with peers in similar circumstances.
5. To offer a learning experience about new things and/or a chance to do things they could not otherwise do.
6. It is a rare unmarried mother who can afford babysitters in order to get out with friends. As Mrs. Isobel Garvie of our Society says: "the children are here and they have needs – the issue is not how they got here but what are we going to do to help them now that they are here" *(Winnipeg Free Press, October 17, 1970).*

Since camp for unmarried mothers who have kept their babies (we refer to them as "keepers") began first we shall take things in reverse order.

Camping for Unmarried Mothers and their Children

This agency saw the need for some of the keepers and their youngsters to have a holiday but did not feel we had the skill, money nor facilities to help them directly. In July, 1970, one of our workers, who has a keepers caseload, identified eight girls who had minimal funds for recreation, no family to leave their youngsters with for a few days and no friend to take them to a beach. At a moment of creative and desperate searching the worker asked the agency's camp co-ordinator if there was any possibility of a holiday for these eight girls and their kiddies at a camp.

The most appropriate camp (for the reasons mentioned below), United Church Fresh Air Camp, was contacted. The director felt there was space for them in one session of Mothers' Camp– for separated women with children under eight years. The girls had an enjoyable experience balanced with relaxation and fun. Everyone involved– the girls, their worker, the camp staff– considered the experience a memorable and successful one. These positive results, along with our large caseloads of keepers who could benefit from a similar experience, encouraged the camp director, our agency's camp co-ordinator and the two workers carrying keepers caseloads to plan for the summer of 1971.

Twenty-eight girls and thirty-three children attended and, on the whole, results were favourable and exciting. Babysitters cared for the children in the morning after breakfast to permit mothers to do cabin-cleanup, personal laundry and enjoy relaxation. Mothers and children spent the afternoon and early evening together. Food was prepared by the camp cook but mothers were responsible for the children at meal-time. Babysitters and mothers took turns putting kiddies to bed. After bedtime the women enjoyed various group activities. The following were some activities in which the women took part: (those marked with an * included the children) tour of a whiskey distillery, fire hall*, town and hospital, visit to a dairy farm*, church services*, picnic outings*, sports such as baseball, volleyball, archery, swimming, craft projects, cards and bingo, and discussions about baby care and birth control.

In the summer of 1972 twenty-two girls and twenty-six children attended. The basic difference in program was that babysitters were only available in the morning. The girls took turns minding the children in the afternoon and evening.

The location and physical facilities of this camp are of tremendous advantage for these sessions. The camp is located in Gimli, a small town 60 miles from Winnipeg. There is a hospital, drive-in restaurant and drug store (good for inexpensive treats for mothers and kids) and other typical small town resources. The women and older kiddies slept in a large commune-type cabin. Since there was little privacy, many complained but felt the rest of the camp experience made up for the poor sleeping accommodations. Those with children under one year of age shared semi-private rooms. The lounge and small kitchen in a separate cabin were loved by all. Here they felt very much at home and enjoyed many hours of chit-chat, doing crafts to brighten up their suites in the city, and just relaxing.

Camping for the Pregnant Unmarried Mother

The camp for pregnant girls was an out-growth of the above-mentioned project. The camp director for Lifeline Camp, sponsored by the Greater Winnipeg Youth for Christ, heard about the "Keepers Camp" and attended a meeting. She felt Lifeline Camp, situated on an island in the Lake of the Woods, was not amenable for mothers and young children but had good possibilities for pregnant girls.

The general purpose of the camp is to work with disadvantaged teens who are involved with delinquencies. Many pregnant girls cannot enjoy recreation out-of-doors in the summer as clothing does not hide pregnancy as well as winter garb does. It was felt a small camp setting, for just the girls and the counsellors, would allow for freedom, security, trust and interdependence with girls in similar circumstances.

In 1971 ten girls not beyond the end of their seventh month attended and thoroughly enjoyed themselves. In 1972 eleven girls attended the five day session. Program included canoeing (for those who were able), swimming, crafts, cook-outs, boat rides, sun tanning, helping with meals and discussions.

The Children's Aid workers involved with the campers (pregnants and keepers) talked with them following camp. Some of their recommendations made in 1971 were incorporated in the 1972 sessions and hopefully some made this year will become part of the 1973 sessions.

We could go on forever about these two projects. We feel the benefits provided to the campers are many. Both camps which offered these sessions are people-oriented. What has resulted is a partnership between a social agency and two camps, i.e. we have the people and the camps have the facilities and sensitive staff with skills. In other words, we (social agencies and camps) can work together to improve the outlook and well-being of a significant group of people who cannot afford, either emotionally or financially, to do this on their own.

We would certainly encourage camp directors to try out these projects. Satisfactions gained will prove well worth your efforts. ▲

OUTDOOR COOKERY

INDIVIDUAL MEAT LOGS

½ cup grated Cheddar cheese
1 lb. ground beef
3 tblsp. lemon juice
½ cup milk
1 tsp. salt
1 cup dry bread crumbs
½ cup diced green pepper
3 tblsp. chopped, stuffed olives
Side bacon

Mix all ingredients except bacon and shape into small rolls – about 3 inches long and 1½ inches thick. Wrap each in a strip of bacon. Cook in frying pan over the fire or bake in moderately hot oven of 375° for about 45 minutes. Serve with tomato, mushroom or barbecue sauce.

BAKED POTATOES

2 No. 10 tin cans
Newspaper
Sand or dirt
10 medium-sized potatoes

Scrub potatoes and wrap each one in wax paper and then in wet newspaper. Using large tin cans and sand or dirt, pack the potatoes in so that no potato touches the sides of the can or another potato. Wet sand or dirt well. Place cans directly in the hot coals and leave for about 45 minutes, or until done.

TUNA MACARONI SALAD

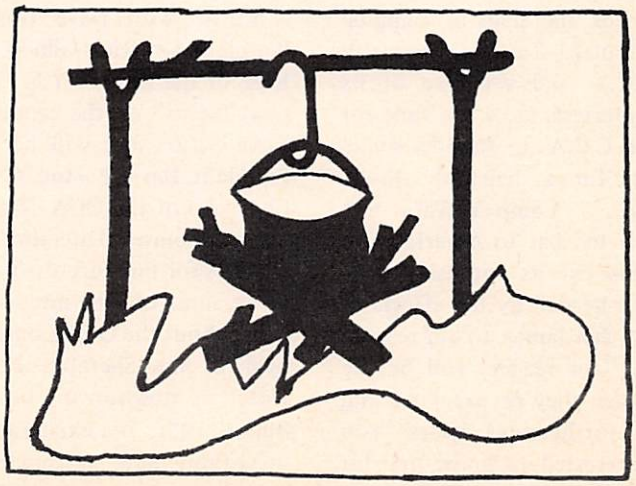
1 can (6 to 7 oz.) tuna, drained
1 cup diced celery
½ cup chopped sweet pickle
3 cups cooked macaroni (shell shaped)
½ cup mayonnaise
3 tblsp. French dressing
Salt and pepper

Combine all ingredients. Taste and add salt and pepper, if desired. Chill well. Serve in lettuce cups. Garnish with stuffed olives. Serves 6 to 8.

SKILLET PUDDING

1 can (1-2/3 cups) evaporated milk
¾ cup cocoa
½ cup sugar
¾ cup water
Graham crackers, cookies, etc.

Put the first four ingredients in a skillet and bring them to a boil, stirring constantly. Add 10 or so coarsely broken graham crackers; cover and cook over low heat for about ½ hour, stirring occasionally. Then spoon the pudding into dishes. If graham crackers are not handy, other kinds of cookies can be used, or breakfast foods such as corn flakes – even if they are a bit soggy! This is an easy tasty dessert and is a good way to use up items that might otherwise be thrown away. Serves 6.



Have You Heard? Do You Know?

Jocelyn Palm, for the past several years Executive Secretary of the Ontario Branch of the Royal Life Saving Society, has received the promotion, one richly deserved, to the Canadian National Branch as Associate Executive Director. This means that, through close association and travel, Jocelyn will provide opportunities for the National Office to assist each province. Take a tip from us . . . Jocelyn is a great gal to know and if you have a question concerning any aspect of camping, ask her. She'll have the answer for you and, if not, she'll get it for you! We know because she is a valued member of the Editorial Committee and, in this capacity, she has promised to be our liaison across Canada so, if you receive a phone call from her, don't be surprised! Congratulations and all the best in your new venture, Joc!

One of the key speakers at the fall gathering of the Society of Camp Directors was **John Walker** of Cornwall, Ontario, now studying for a Master's Degree at York University. He was the recipient of the first Research Award of the Society and he based his report on his findings and conclusions regarding the matter of professionalism and the training of Camp Directors. ∽ We hear that the B.C.C.A. continues to thrive as a strong dynamic Association . . . due in part to people like **Rick Ryan, Dave Campbell** and **Ken Goodwin** . . . and, of course, the people in camping on the west coast always know they can count on **May Brown** for her continued interest and support. ∽ We wonder if you know that, at the time of Tanya Krisman's tragic death, the B.C.C.A. dedicated a memorial to Tanya. Money donations were requested with the proviso that something in Tanya's memory at the new site for Camp YaWaCa on Salt Spring Island would be established. We understand that the renovation of the farmhouse, "Skipper's Shack", cost $5,000. Tanya's daughter, Pat, chose the farmhouse to be named for her because they had stayed there during building operations and had had such happy times. The fund is not going well and Camp YaWaCa needs the help of camping folk across Canada. Tanya did so much for the C.C.A. and was one of its keenest supporters. Now it's time for all of us in C.C.A. to support something that Tanya believed wholeheartedly in . . . Camp YaWaCa. ∽ A big tip of the hat to Alberta! And why? Because of its enthusiastic response, spear-headed by the efforts of its President, **Jan James**, to our request for articles. Our readers will be the richer because they're excellent and will be in forthcoming issues. You might be interested to know that for this Winter Edition, we have one article from B.C., one from Manitoba and the rest are from Ontario. Isn't it time to make this magazine a true Canadian one? We think so. But how? YOU have the answer. ∽ **Hank Roessingh** is very involved in and excited about his new position as the Applications Editor for the Canadian Arctic Gas Study, a group of 25 companies, including the CPR, CNR, Can. Development Corp'n, Trans-Canada Pipeline, Alberta Gas Trunk and also a number of American gas pipeline companies, who will, sometime in 1973, ask the Canadian Government, through the Dept. of Indian and Northern Affairs, the National Energy Board, etc., for permission to build a gas pipeline from Alaska via Canada to Alberta and on to Ontario and the Chicago area. Hank states that the precautions against pollution and disturbing the environment, that they have to take, are almost incredible. ∽ **Tim Easley**, in the Dept. of Forestry at the Univ. of Fredericton, was recently elected President of the N.B.C.A. with **Dave Goss** as Vice-President. ∽ **Rick Gilbert** and **Debbie Rose** of the Halifax Y.M.C.A. are two new "lights" on the camping scene in Nova Scotia and will be helping the President, **David Boston.** ∽ **Tony Fry**, Chairman of the OCA Conference, has been appointed Director of Camping Services for the Toronto Y.M.C.A. ∽ We're sure you'll be interested in a few items about the OCA Conference to be held at the Sheraton Four Seasons Hotel in downtown Toronto, March 8th to 10th. The excitement of being in entirely new surroundings will be nothing compared to the programme being offered to camp directors and senior personnel. A catch phrase to express it all would be "Don't tell us! Show us!" In the past few years, the style of the OCA Conference has been that of using a session speaker to present a topic that would lead into a general discussion with those in attendance. The evaluations told us this often resulted in the sharing of ignorance or a certain few monopolizing the conversation. BUT not this year . . . we will listen and leave with something new and vital because experts on the topic are going to tell us about kitchen organization and ideas, selection and interviewing of staff, promotion and public relations, drama, Indian Lore, staff training, adventure camping, interesting the older camper, canoe tripping, the camper today, the waterfront, outdoor cookery, 10 sure-fire campfire stunts, aids to sailors and much more. In addition, there will be practical demonstrations concerning the making of paddles and looms, waterfront structuring, archery, arts and crafts, orienteering and pottery. And still more . . . something new is to be offered in the Media Room. You will have an opportunity to view copying equipment and a Cassette tape recorder which you can use to record, for your own personal files, contracts, singsongs, programme ideas, a ten day menu, etc., which will be on display. Sounds very intriguing and exciting, doesn't it? Why not circle the date, March 8th-10th, on your calendar and plan to join us at the Four Seasons. Seems like a great idea to us. ▲

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It is our sincere wish that your New Year be a very happy one and will bring you full measure of health and prosperity.

Sincerely,
The Editorial Committee,
Canadian Camping Magazine

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